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Halifax metro

Trudeau enters Trump's bunker
metroNEWS metroVIEWS



Your essential daily news | TUESDAY, FEBRUARY 14, 2017

High -3°C/Low -10°C Cloudy

Safety first ... eventually

CONTRACT TALKS

Premier taking heat on teacher legislation, closure delay



**Haley
Ryan**
Metro | Halifax

A major snowstorm may have delayed the government's plans to legislate a teacher contract, but the opposition and union say they'll also slow the bill so students, educators and parents can have their say.

Despite the Emergency Management Office, weather forecasters, Halifax police, municipality and province closing offices and urging citizens to stay home for safety reasons on Monday, it wasn't until 2 p.m. that Premier Stephen McNeil announced the legislature would delay their "emergency" session until Tuesday evening "due to weather conditions that are more severe than expected."

"I don't know why he waited



A skier, left, crosses Barrington Street in downtown Halifax as a major winter storm blasts the Maritimes Monday. Meanwhile Rachel Creaser, a teacher at Glooscap Elementary School in Canning, protests outside the legislature. THE CANADIAN PRESS

so long. It was pretty clear (Sunday) night, it was pretty clear this morning ... that the roads were going to be treacherous, and that no Nova Scotian life should be put in jeopardy over a situation that is in fact not an

emergency," said Nova Scotia Teachers Union (NSTU) president Liette Doucet.

McNeil said last weekend he'd table legislation to enforce a contract on Monday, after teachers voted against a third tentative



agreement on Thursday.

Doucet said she and the NSTU executive stayed over in Halifax hotels Sunday and Monday to ensure no one travelled in dangerous weather, but were concerned until Monday afternoon

for those students and teachers planning to protest the bill in an evening rally.

The Students For Teachers group postponed the protest until Tuesday night at 7:30 p.m. to coincide with the sitting.

Doucet said it's expected the bill will pass second reading after midnight Tuesday, with Law Amendments Committee beginning sometime after that. Doucet said she's hoping "as many teachers as possible" get their names on the list to speak before the committee, which she will also do, and hopes their timeslots are outside classroom hours.

Progressive Conservative Leader Jamie Baillie said while it "shouldn't have taken this long" for McNeil to delay the legislature session, the weather debate should be left behind to focus on debating a bill they "strongly oppose."

Baillie said it will likely take more than five days to pass the bill, pushing the issue into next week — which he said is fine, since many want to express their views.

"We are going to slow it down so that Nova Scotians have a choice to tell their Liberal MLAs what they think of the government's bill, and those that want to come to Province House ... have time to do that," Baillie said.

"I'm passionate about pets."



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Musicians Joel Plaskett, right, and father Bill pose in Plaskett's recording studio, The New Scotland Yard, in Halifax on Jan. 17. DARREN CALABRESE/THE CANADIAN PRESS

Rockin' some family Solidarity

MUSIC

Joel Plaskett melds father's sound with his own on new LP

More than 30 years ago in the picturesque fishing town of Lunenburg, N.S., a young Joel Plaskett would sift through his father's record collection and watch him play guitar with a keen eye.

Bill Plaskett — a British immigrant who plucked strings at Maritime kitchen parties and coffee houses in the 1990s — had an early hand in kindling his son's musical curiosities, a calling that would thrust him through an enduring career as a celebrated Nova Scotia artist.

After years of floating the idea, the father-son duo have collaborated on an album for

the first time — Solidarity — a record that's firmly rooted in Bill's English folk influences, but still upholds Joel's signature rock swagger.

"I think the clock was ticking for us to make a record together," said the younger Plaskett, sitting leg-over-leg on a tufted brown leather sofa in his Dartmouth recording studio.

"It was fun to try and make the album work where it sort of told our individual stories in small fragments, and our collective stories together. That, to me, was the fun of it and also the challenge. It was not as easy as I anticipated it to be."

The album's track list is a patchwork of their respective unused songwriting material. But within the vast repertoire is a clear through-line: a vocal and instrumental dance between two generations of Plasketts.

Some of the songs date back decades. "I found these tapes of

dad singing all these original songs and as a teenager I would listen to them," said Joel.

"So I went back to a few of those tapes and would say, 'Hey, what about this one,' or 'Why don't we sand the edges off that one.'"

The 11-track album opens with the gripping Dragonfly — a definite merging of the two

ence. After several unexplainable occurrences at his studio, Joel hired a medium to "clear a ghost out of the place."

"The day after that, we found a dragonfly on the floor of the lobby in the studio," said Joel, whose studio New Scotland Yard also houses a storefront with a barber shop, record store and cafe.



I think the clock was ticking for us to make a record together

Joel Plaskett

Plasketts' distinct styles.

The song builds from a folk melody with Celtic flair and gritty vocals to a jarring breakdown reminiscent of Joel's past catalogue. A fiddle and electric guitar take turns being the instrumental interlude's vanguard.

The inspiration for the tune came from a paranormal experi-

"I looked up dragonflies, and in certain cultures, they kind of represent spirits that have moved on ... and of course it can all be this long coincidence, but I think I'm just starting to believe much more and I'm feeling it more in my heart, the interconnectedness of everything."

On the lively On Down The

River, Bill sings solo about his childhood in England, sitting on the banks of the River Thames and fantasizing about one day leaving.

"I grew up in a housing estate, with all the houses the same, and I kind of escaped from that by going down to the industrial banks of the Thames, with old rusty freighters leaving the port," said the older Plaskett in a baritone English accent, clasping a coffee mug next to his son on the couch.

"And so it was the notion of imagining yourself going away, which I eventually did."

The album was recorded last year during a time Joel found to be "really taxing emotionally with what has been going on in the world," namely the American election.

"That was sort of there in the background as this pressure, and without sounding too corny, the idea of playing

+ ON TOUR

■ Solidarity

Joel and Bill are heading out on a cross-Canada tour following the album's release on Feb. 17.

■ Opening act

The Mayhemings will also double as members of the pair's backup band.

music with your family and the idea of coming together ..." he said, trailing off and looking toward his father.

"Right," Bill affirms, nodding. Although not overt, Joel said there are political undertones on Solidarity. But he hopes the music can exist outside of the issues that divide society and serve as a peacemaker.

THE CANADIAN PRESS

'You can hear our reality from us'

SOCIAL MEDIA

YouTube channel aims to inspire and educate



Yvette d'Entremont
Metro | Halifax

Kardeisha Provo just turned 17, but she's already determined to help foster positive change in her community of North Preston and beyond via her new YouTube channel.

The Cole Harbour High student is reluctant to describe herself as anything other than "a normal kid." She describes herself as passionate about math and sciences, and has always planned to go to medical school and work in sports medicine.

A basketball star, community leader and volunteer, Provo's as passionate about her community as she is about her life. She hopes to help other youth find their voices through her channel and upcoming blog.

"My community is something that's a part of me. Whenever I go out of the community I rep it to the fullest. When I play basketball, even if I have Cole Harbour High (on my jersey), I'm repping North Preston," she said. "I have boy problems, I have friend problems, I have parental problems like all teenagers and I'm learning how to cope and how to navigate my way through, and my community helps me do that. I get to learn these things about life as I'm going through it so why

not make a video about it and show someone else so they can learn it with me?"

Last summer Provo came up with the idea of creating a YouTube channel to reach people with what she describes as "real messages" about growing up in the community she feels blessed to be part of.

Her first video was released on Jan. 31 and was an interview with her mother, who shared what it was like to become a mother at 16.

"We're not going to sugarcoat ... My idea was to be real, to let out my reality," she said.

"What I'm going to show, it's real for a lot of us in North Preston, but we go through a lot of things other people go through. You can hear our reality from us."

She plans to release at least one video each month, with the next one focusing on Black History Month.

"I find that with me and my friends we try to branch out and learn different black history, stuff we don't always learn in schools," Provo said.

"We are going to talk about how we are in school but didn't learn about these different things, that we have to do our own research."

Ultimately, she hopes her channel can not only highlight the importance of community, but help other young no matter where they live.

"I'm just a regular 17-year-old teenager finding my way like we all are," she said.

"I'm going to be as real as I can be on this channel, and I would like everybody to come open-minded."



I would like everybody to come open-minded.

Kardeisha Provo



Kardeisha Provo hopes her YouTube channel can not only highlight the importance of community, but help other young people no matter where they live. CONTRIBUTED

LINDSAY HILTON

Halifax photographer Calabrese wins international prize

Jordan Omstead
For Metro | Halifax

While he may be the one who landed a prize in an international photo contest, Halifax photographer Darren Calabrese hopes the subject of his photo is the one who gets the recognition.

It was announced on Monday morning that Calabrese had won third prize in the sports stories category in the World Press Photo Contest. The contest recognizes outstanding photojournalism and documentary photography.

Calabrese's winning photo

collection told the story of Lindsay Hilton, a Halifax CrossFit and rugby athlete who was born without arms or legs.

"It's hard to put into words," Calabrese said of the award. "It felt really great for Lindsay's story to be recognized this way."

Calabrese first heard about Hilton when her workout videos went viral in early 2016. He approached Hilton with the idea of a photo essay shortly

after, hoping that his images might tell a more complete story of her life.

"I hope people understand her as a person and not just her as an athlete," he said.

The photo collection follows Hilton as she cycles through her time at the gym, the rugby field, and at home with her partner, Matt Melanson. It was originally published by ESPN in January.

Hilton praised Calabrese,

calling him a great guy with a humble personality.

"It's one of the first stories that's been published about me that really shows who I am that isn't one of those quick inspiration pieces," she said. "I think it's really great that he's getting the recognition he deserves."

As for Calabrese, he hopes the prize will help create new opportunities to tell stories like Hilton's that explore the deeper narratives in sports.

The jury gave prizes in eight categories to 45 photographers from 24 countries. Jurors selected winners from more than 5,000 photographers who entered the contest.



It's one of the first stories about me that really shows who I am that isn't one of those quick inspiration pieces. Lindsay Hilton



Darren Calabrese captures Lindsay Hilton, a Halifax CrossFit and rugby athlete, as she finishes her workout. Adaptive Athlete won third prize in the Sports, Series, category of the World Press Photo Contest. DARREN CALABRESE FOR ESPN, WORLD PRESS PHOTO VIA AP

Haligonians vs. huge blizzard

WEATHER

City all but shut down by biggest storm of the winter

BY THE NUMBERS

120 km/h

Reported wind gust on Osborne Head in Cow Bay

5 p.m.

The estimated time Halifax Transit will be putting buses back on the roads Tuesday

45

Centimetres of snow in the Halifax region by Monday evening



Matt Fry makes an early pass at his driveway in Upper Tantallon during a blizzard on Monday. JEFF HARPER/METRO

I'm a winter-sexual. I love the snow. I love to ski, sledding, skating. It's all good.

Halifax resident Rae Brown

+ WHITE JUAN

■ Legendary storm

Halifax resident Paul Giroux said a blizzard in 2004, known as White Juan, was far worse. That storm churned out gusts in excess of 124 kilometres per hour and buried the region under almost a metre of snow.

The winds really won't die down completely until well into late in the day (Tuesday).

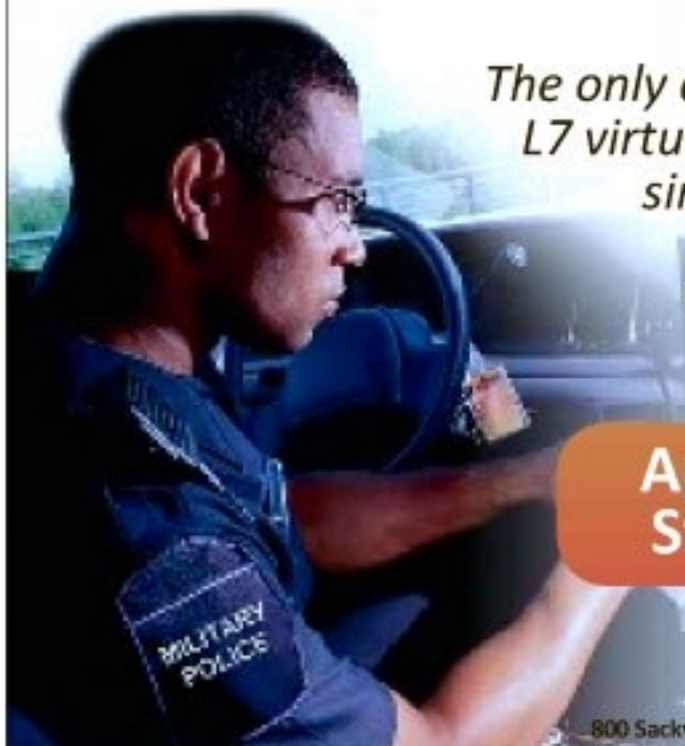
Tracey Talbot, meteorologist

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A man shovels snow in Halifax on Monday. DARREN CALABRESE/THE CANADIAN PRESS



A pedestrian walks down Brunswick Street near Citadel Hill in Halifax.

ANDREW VAUGHAN/THE CANADIAN PRESS



A wheelchair can mean a section of city life is off-limits. iStock

Let's make Halifax accessible

Push for Rick Hansen certification

HALIFAX MATTERS

Tristan Cleveland



There's a whole other world around us most of us can hardly even see. Only by walking with disabled friends did I realize it was there—and how much better it could be.

If you are in a wheelchair, a few stairs can mean an entire section of city life is off-limits. A poorly designed curb-cut could mean a blind person doesn't know which way to walk to avoid being hit by a car. Small things most of us would never notice make the street a completely different place.

Gerry Post was as unaware of this other world as anyone until one day on the beach, four years ago, a fault in his aorta ripped open, damaging his spinal cord and paralyzing him from the waist down. "I'm lucky. I shouldn't even be alive," he told me.

Once this other world was his reality, Gerry became a champion for changing it. "We just need better standards," he says. "When you build a new public place, the cost of including accessibility is insignificant."

Since the impacts of inaccessible design are invisible to most of us, it's easy to make mistakes, each of which can be the equivalent of posting a sign saying, "disabled people aren't allowed." That's a bad idea when one in five Nova Scotians are disabled and our population is getting older.

Nova Scotia is drafting legislation, Bill 59, to create comprehensive accessibility standards right now. Advocates, however, say that the current version is riddled with exceptions. I hope our government listens: we can't make progress by poking holes in our solutions.

But Gerry is already thinking bigger than minimum standards.

Many developers get their buildings certified environmentally friendly because it helps attract customers. A new certification, from the Rick Hansen Foundation, will similarly let developers show they've achieved the highest level of accessibility.

Gerry asks, "what if we got Halifax certified as a Gold Accessible City?"

He plans to work over the next year with other talented, disabled people here in Halifax on expanding the Rick Hansen Foundation's certification to apply to whole communities. Simultaneously, he wants to help Halifax earn those high standards and make good on regional council's recent commitment to become "a leader in accessibility."

If we can define the high bar to strive for, and work hard to be the first to achieve it, we can put ourselves on the map as a welcoming place to live, while also becoming a destination for anyone trying to figure out how we handle aging demographics.

Where most people see a problem, Gerry sees an opportunity, and that's the kind of thinking I like. Maybe for attracting residents, our biggest advantage won't come from fixing the obvious world we see, but the one we too often don't see.

Halifax DIGEST Local news

ROBBERY

Suspects arrested, and then released

Police arrested three people after someone was robbed getting off a Macdonald Bridge shuttle bus, but they were later released on the wishes of the victim.

Halifax Regional Police say they responded to the robbery call just before 8 p.m. Sunday.

Police said one of the suspects convinced the

18-year-old male victim he would be assaulted if he did not hand over his necklace.

With the piece of jewelry in hand, the suspects fled and the victim was uninjured.

The suspects made it to the 2000 block of Brunswick street before being arrested.

They were arrested and "released from custody based on the wishes of the victim." METRO

POLICE

Lack of info on dispatch centre

Efforts by a local MP to seek out information about the future of the RCMP's Truro dispatch centre are proving difficult, Bill Casey says.

Rumours have been circulating that the RCMP may move the centre to Halifax. Casey, MP for Cumberland Colchester, said despite trying to contact top RCMP brass, to obtain a copy

of a 2006 internal report that saw Nova Scotia dispatch centres consolidated in Truro, he has not received any information.

"If a catastrophic event happens in HRM, where our only other dispatch centre is located, Truro is the backup," Casey said. "If both centres were located in Halifax, it could spell a double disaster, with communications knocked out for the entire province." TC MEDIA

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Welcome Place in need

ASYLUM

Non-profit helps refugees get situated



Jessica Botelho-Urbanski
For Metro|Winnipeg

As staff at Welcome Place in Winnipeg held a press conference Monday to discuss their "maxed out" services, one of their volunteer drivers was headed to the Port of Emerson to pick up five more asylum seekers who crossed the border overnight.

RCMP said Monday they intercepted 28 people illegally coming into Canada over the weekend. Since Jan. 1, police have intercepted 69 men, women and children.

Rita Chahal, executive director of Welcome Place, said she recently held a six-month-old baby and looked into the eyes of two- and four-year-olds kids who trekked across the border with their parents Saturday in hopes of getting to Winnipeg.

"When I saw the little kids, I always think about 'What if something had happened?' We don't want to see a situation like we've seen a couple years ago that brought all of us to our knees," she said, referring to the image of Alan Kurdi, a Syrian toddler whose body washed up on the shores of a beach in Turkey in 2015.

Welcome Place temporarily housed 21 asylum seekers they picked up from the border in their own facility on Bannatyne Avenue. Chahal said this is technically not allowed by the federal government, who only pay them to help government and privately-sponsored refugees. The refugee claimants will be moved to other locations in the community soon, including the Salvation



Rita Chahal, executive director of Welcome Place, has asked the public and private sectors for fundraising help to assist the influx of refugees. JESSICA BOTELHO-URBANSKI/FOR METRO

Army.

But making the exception temporarily "wasn't a difficult choice for me," said Chahal.

"We have managed what might appear to be a crisis very quickly, very efficiently," she said. "We look at this from a very compassionate, from a humanitarian perspective. And when people come to our door and need our help, that's what we'll do. We'll help them."

Welcome Place is asking for financial donations from the public — not goods or food, which they don't have room

to store.

The agency wants help from the city and province in finding temporary housing spaces for refugee claimants. Chahal said she spoke to Mayor Brian Bowman Monday about this, but had not yet heard from the province.

Jean Pierre Veregas, who works at Welcome Place, said the new arrivals have three days to make their refugee claims in Canada. They must gather documents and information that corroborates the last 10 years of their lives

chronologically.

Law students from the University of Winnipeg have volunteered to help the surge of asylum seekers with their paperwork, said Welcome Place's Ermias Yoseph.

The Winnipeg Foundation stepped up with \$33,000 in emergency funding for Welcome Place on Monday. Strategic projects associate Jennifer Partridge said \$23,000 of the foundation's total came from an anonymous donor "who felt compelled and inspired to support the refugees."

HOW TO MAKE A DIFFERENCE

- To donate to Welcome Place and the Manitoba Interfaith Immigration Council, visit miic.ca.
- Welcome Place and the Manitoba Interfaith Immigration Council help about 520 refugees per year.
- Money raised by the public will go toward finding more temporary housing spaces, hiring more staff and more.

SOLUTIONS

Premier in talks with PMO

After a second weekend surge of asylum seekers crossed into Manitoba on foot, Premier Brian Pallister told media Monday his office is in talks with the prime minister's to determine safer solutions to border jumping.

"There has been a call to the prime minister on this issue... We've established an interdepartmental committee that is also investigating and researching ways to address this," Pallister said.

The premier said his first concern is the security of Manitobans, particularly those who live in Emerson and have been conflicted over whether to open their doors to asylum seekers making the treacherous trek into Canada in the freezing cold.

Many lawyers, politicians and organizations, including Amnesty International, the Canadian Civil Liberties Association and the Canadian Council of Refugees, have called for the Safe Third Country Agreement to be scrapped or revised.

The agreement has a loophole allowing asylum seekers to claim refugee status in the second safe country they've arrived in — Canada — if they aren't caught by border patrols before arriving.

NDP immigration critic Nahnah Fontaine has called on the provincial government to lobby Ottawa to suspend the Safe Third Country Agreement.

"The reality is that many refugees in the U.S. do not feel safe given some of the recent developments, in particular the executive bans that were signed and executed by President Trump," Fontaine said.

JESSICA BOTELHO-URBANSKI/FOR METRO

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	- and -	
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Immigration board turns to triage to eliminate backlog

The Immigration and Refugee Board will begin to triage and refer old and new claims for shorter hearings in March in an attempt to reduce its ballooning backlog, or at least to stop it from snowballing.

Through flexible scheduling and shorter hearing streaming, the Immigration and Refugee Board (IRB) hopes to increase the productivity of its 119 decision-makers by 15 to 20 per cent, said Paula Thompson, the board's chief of staff.

The redeployment, an-

nounced earlier in February, came on the heels of U.S. President Donald Trump's anti-refugee policies and Canada's lifting of the visa requirements for Mexican travellers in December. However, Thompson said the board's move was not prompted by these events.

"There's no direct relationship with what's going on in the (United) States," Thompson said. "So far we have seen a very negligible increase from Mexico. It's not a huge player right now. The last couple of months,

we received 75 Mexican claims each month."

Data showed the IRB received an average of 1,700 new claims a month from January to August last year, but the number has skyrocketed to 2,400 cases since. Currently, there are 19,000 claims in the backlog.

Under the new triage approach, claims will be screened for short hearings if the cases are straightforward and have no issues with the identity and credibility of the claimants.

TORSTAR NEWS SERVICE



Finance Minister Bill Morneau's mention of "gender-based analysis of budgetary measures" in his fall economic update statement caused a flurry of excitement for those whose work touches on issues affecting women and girls. THE CANADIAN PRESS FILE

Budget to include gender analysis

POLICY

Feminists watch for signs of movement on promise

When Finance Minister Bill Morneau delivered his fall economic statement, much of the fanfare focused on the deficit, the infrastructure bank and efforts to attract foreign investment.

Something else caught the attention of a select group of people — mainly women — that Morneau never mentioned in his speech.

"To ensure that the government continues to deliver real and meaningful change for all Canadians, it will submit Budget 2017, and all future budgets, to more rigorous analysis by completing and publishing a gender-based analysis of budgetary measures," said the state-

ment released Nov. 1.

That one sentence, virtually ignored by the rest of the country, caused a flurry of excitement for those whose work touches on issues affecting women and girls.

They are now anxiously awaiting the results of the commitment, and there are some signs of movement.

"It's historic and it's important, but there is a lot of work to be done," said Kathleen Lahey, a professor of tax law at Queen's University.

The idea behind gender-based analysis is to think about how a certain policy might affect men and women, or boys and girls, in different ways, along with taking age, income, culture, ethnicity and other intersecting factors into account.

If the analysis — ideally done early on in the process — reveals one gender would experience disproportionately negative impacts, then policy-makers have the opportunity to reshape things or otherwise mitigate

+ MODELS

There are many different models around the world, but one example of what might be included would be a look at how a tax measure — be it a cut, a hike or a credit — could impact men and women differently based on the fact that a higher percentage of women do not earn taxable income.

those effects.

Isabella Bakker, a political scientist at York University who has done research on gender budgeting, said the process is actually good for the economy.

"There's a lot of economic good sense to doing a gender-based analysis of budgets, because basically what you're doing is targeting your policies more effectively," she said.

THE CANADIAN PRESS

FEDERAL GOVERNMENT

Committee set up as sounding board for poverty strategy

The federal government is turning to public consultations to help craft a poverty reduction strategy. Social Development Minister Jean-Yves Duclos also plans to use an advisory committee on poverty to produce a national proposal that the Liberals expect to deliver by this fall.

The advisory committee will be made up of experts from academia, business and social services, as well as people who have lived with poverty. It will act as a sounding board to test ideas

that emerge from the public consultations on ways to help those living in need.

Duclos said the work of the committee, as well as similar consultations being undertaken by a panel of MPs, is needed to finally build a federal vision on poverty reduction.

"The federal government needs to design how first it views poverty — how it measures it, how it's going to monitor the progress in reducing it and how it's going to collaborate with

other governments in order to better support our families living in need and to encourage them to enter the middle class. All of that has been missing," he said.

The announcement came as the Liberals finalized a national housing strategy designed to help make housing more affordable and reduce homelessness. That plan will be out after the forthcoming federal budget, which will also outline more details on infrastructure spending.

THE CANADIAN PRESS

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5 REVEALING MOMENTS FROM THE TRUMP-TRUDEAU MEETING

There's more to take away from Justin Trudeau and Donald Trump's first official meeting than the viral handshake.

1 A MUTUAL PEACE PACT

Trudeau's steadfast refusal to criticize Trump made news even in America. ("Trudeau ducks question on Trump's travel ban," read the headline in Politico.) But just as notable was Trump's refusal to criticize Trudeau.

The president was impassive even when prodded on live television. Asked a question about the Canadian border and Trudeau's acceptance of Syrian refugees, Trump chose to tout his efforts to deport illegal immigrants — most of whom are Hispanics who live far from the 49th parallel.

It was a dodge. But it was a dodge that suggested Trump would not attempt to exact retribution against a Liberal who has taken unsubtle passive-aggressive jabs at him for more than a year.

2 A FAIR SHAKE

Vladimir Putin has the shirtless horseback ride. Donald Trump has the intense handshake. At 70, the ferocious alpha-grip is how a president obsessed with dominance shows off his physical prowess. Trudeau, former drama teacher, came prepared for the performance, suitably impressing people who care about handshakes.

3 FLYNN FORGOTTEN

One key story out of the joint news conference was what wasn't asked: a question to Trump about National Security Advisor Michael Flynn over reports he discussed sanctions against Russia with Russia's ambassador before Trump took office, then lied about it to the media and vice-president.

"HOW IS THERE NO FLYNN QUESTION!?!?!?!?" MSNBC host Christopher Hayes wrote on Twitter. The answer: the White House made sure there was no Flynn question.

The Canadian and American media contingents each got to ask two questions. The Canadians drew names from someone's palm to decide which reporters got to do the asking. The American interlocutors were selected by Trump officials. They were both from Trump-friendly outlets. They asked softballs.

4 ALMOST NORMAL

"We're guided by the same values," President Barack Obama said when welcoming Trudeau to the White House last year. "We share the same values," Trump said beside Trudeau on Monday.

"Americans and Canadians — our brave men and women in uniform — have paid the price together," said Obama. "American and Canadian troops have gone to battle together, fought wars together," said Trump.

The tone was not especially warm. There was an unprompted Trumpian ramble-boast about the size of his victory in the Electoral College. ("Very, very large.") But the day was notable, in large part, for its boring conventionality.

5 IVANKA IN CHARGE

The Canadians had a stroke of strategic inspiration: get in Trump's good books by doing a kind of favour for his daughter.

The executives who were part of a White House discussion the advancement of female business leaders came away with praise for the joint initiative. Ivanka impressed the participating businesswomen with her thoughts on the cause. ("Progressive," one said later.)

And then, after they left the building, she advertised herself — tweeting a photo of her sitting at the president's desk, a progressive prime minister behind her.

TORSTAR NEWS SERVICE

GLOBAL DIGEST

PAKISTAN

Valentine's Day banned in Islamabad

A Pakistani judge on Monday banned all Valentine's Day celebrations in the country's capital, Islamabad, saying they are against Islamic teachings.

The judge ruled on a petition seeking to ban public celebrations of the Western holiday, court official Niaz Saleh said. He said the order had been sent to Pakistan's media regulator to ensure a blackout on any Valentine's Day promotions in print or electronic media. AP

CALIFORNIA

Evacuees may not go home until spillway repaired

Nearly 200,000 people who were ordered to leave their homes out of fear that a spillway could collapse may not be able to return until the barrier at the nation's tallest dam is repaired, a sheriff said Monday. Officials from the state Department of Water Resources were considering using helicopters to drop loads of rock on the eroded spillway at Lake Oroville. AP



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U.S. President Donald Trump extends his hand to Prime Minister Justin Trudeau during a meeting in the Oval Office at the White House on Monday in Washington, D.C. GETTY IMAGES

BODY LANGUAGE

How the shakes shook out

It's clear Canadians were watching Justin Trudeau and Donald Trump's first official meeting intently Monday morning, but who had the upper hand?

Trump, fast becoming the poster boy for awkward handshakes after an agonizing 19-second handshake with Japanese Prime Minister Shinzo Abe, is said to be self-conscious about how his hands are perceived.

Trudeau stepped out of his motorcade at the White House and immediately shook Trump's

hand. This was to his benefit, according to Mark Bowden, an expert in human behaviour and body language who created the company Truthplane, a communication training company.

Trudeau and Trump were in close quarters, meaning the president couldn't pull the prime minister in and force him off balance, something Trump often does to assert dominance, Bowden said.

"I think Trudeau for sure held his own," Bowden said.

But Trump wasn't done. He

placed his hand on top of Trudeau's shoulder, another show of dominance, according to Bowden. Trudeau responded in turn, placing his hand on Trump's arm.

Later, while seated, they shook hands again. This time, Trudeau may have come out on top.

"What's interesting is Trump actually offers Trudeau the upper hand," Bowden said.

Trudeau also leaned into the handshake, "encroaching on Trump's territory," Bowden said.

TORSTAR NEWS SERVICE

Risks lurk as RRSP season approaches

MARKETS

Investors wary angry Trump tweet may hit their holdings

As investors head into RRSP season this year, stocks in Canada and the United States sit at or near record levels, but tensions are rising and that could mean volatile times for the markets.

Before the U.S. presidential election, many had predicted that a Trump win would send stock markets crashing. But

the reverse happened. Markets cheered the election of the real estate mogul and charged ahead in the weeks following the vote. But the reality of the Trump administration has started to sink in and investors are becoming wary about what an angry tweet can do to their holdings.

Jurrien Timmer, director of global macro at Fidelity Investments, said Americans elected a "disrupter" and with that, the "game has changed."

"Since the 2009 bottom, post-the financial crisis, price has outperformed earnings in a very big way," he said.

"The question is, 'What are

people going to be willing to pay for those earnings if we are faced with political and policy uncertainty?'"

Timmer said he expects the U.S. markets will do well because earnings are expected to grow, but the risk from uncharted political waters may mean that stock prices might not keep up with a rise in corporate profits.

Instead, Timmer is looking to European and emerging markets.

"I am increasingly of the opinion that the opportunities in 2017 are going to be outside of the U.S.," he said.

THE CANADIAN PRESS

BY THE NUMBERS CONTRIBUTIONS FALLING DRASTICALLY

2008-09	16%	\$22.5B
Two of the largest contribution declines were during the financial crisis and when tax-free savings accounts were introduced.	Drop in the number of annual RRSP contributors between 2000 and 2013 among those aged 25 to 54.	Total drop in value of RRSP contributions in 2013 compared with \$30.6 billion in 2000 when measured in 2013 dollars.

150 WAYS of looking at Canada

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

RESTAURANTS

Tim Hortons eyes U.S. expansion

The parent company of Tim Hortons and Burger King sees fertile ground for rapid expansion for both chains in the United States.

The United States is "one of the biggest opportunities" for expanding the coffee and burger chains, said Daniel

Schwartz, CEO of Restaurant Brands International Inc.

Tim Hortons had 683 U.S. locations as of Dec. 31, 2016. Burger King's U.S. operations had more than 7,000 restaurants as of Dec. 31, 2015.

RBI is also intent on rapidly expanding Tim Hortons around

the world, signing three separate master franchise joint venture agreements to bring the chain to the Philippines, Britain and Mexico. The company expects to open the first locations this year, said chief financial officer Josh Kobza.

THE CANADIAN PRESS

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PAUL WELLS ON TRUMP'S INSIDE CIRCLE



Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags.

The photo wasn't a small thing. It was a token of insider status. It was Justin Trudeau's wristband.

On arriving at the White House on Monday for his first face-to-face meeting with Donald Trump, Justin Trudeau brought a gift, a framed print of a photo showing Pierre Elliott Trudeau and Donald Trump at a function in the Waldorf Astoria in 1981. The elder Trudeau was receiving the Family of Man Gold Medal Award. Trump, then about 34 years old, was offering remarks at the podium. Both men were in tuxes.

Justin Trudeau's first telephone conversation with Trump was last Nov. 9, the day after he amazed the world by winning the electoral college and the presidency. Trump mentioned that he had met Trudeau's father back in the day and admired him. This was news to Justin Trudeau. But apparently detectives were put on the search, and photographic evidence was unearthed at Library and Archives Canada. Print, frame, Bob's your uncle.

Now here's why it matters: Donald Trump has spent his life dividing the world into people who deserve to get in and people who don't.

That's how he became the target, at 27, of a justice department lawsuit in 1973 that claimed he and his father refused to rent to black tenants. (The Trumps countersued; the eventual settlement included no admission of guilt.)

It's what Trump seeks to do along the Mexican border. It's why he keeps smacking his head against the courts and the U.S. Constitution as he seeks to close America's borders to visa-holders from seven predominately Muslim countries.

It's what he does with membership fees at Mar-a-Lago and other exclusive Trump clubs. It's what he has taken great pleasure in doing as he selects members of his



By presenting Donald Trump with a print of this 1981 photo, Justin Trudeau signalled he has the secret handshake to enter the president's 'weird bunker', writes Paul Wells. LIBRARY AND ARCHIVES CANADA

cabinet.

If Trump decides you're not allowed in, you get nowhere with him. He mocks you on Twitter, makes policy just to spite you, summons the sputtering apparatus of the White House staff and the rickety machinery of government to shut you down, if any of them can manage the task.

But if he accepts you, you actually have some latitude with him. The most astonishing example so far is the way he let Gen. James Mattis do, once Mattis became his nominee as defence secretary, what nobody else had succeeded in doing: persuade Trump that torture is useless as an instrument of government policy.

Trump's attitude is summarized in the lyrics, at first comic and then haunting, of Paul Simon's recent single, "Wristband": "Wristband, my man, you've got to have a wristband/ If you don't have a wristband, my man, you don't get through the door."

Justin Trudeau decided early that he was better inside the door than out. Two pieces of political theatre yesterday were designed to get him in.

First, the photo. It shows that when Trump spins a random old yarn over the phone, Trudeau listens and acts. And it reminds Trump that two successive generations of Trudeaus have been the kind of people who could walk through the kind of door only Donald Trump can open. That's what a wristband does.

Second, the round table on women entrepreneurs with Ivanka Trump.

The president has been in open conflict with the Nordstrom department-store chain for a week because Nordstrom dropped Ivanka Trump's line of clothing and accessories. He has sent White House staffers out to plead her case, and castigate Nordstrom, on the news shows. In Canada, some are calling for a boycott of The Bay because the chain won't drop Ivanka Trump's merchandise.

And what does Trudeau do in the middle of all this? His office organizes an event with Ivanka Trump, sits with cabinet ministers and senior staff at a long table to hear her ideas, makes her the focus at midday of an international summit.

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags. Family is family. Trump's is welcomed and accepted, in the middle of a storm, just as Trudeau's father was accepted at some society shindig Trump attended a generation ago.

From this basis, miracles need not ensue and trouble is not banished. At their joint news conference, Trump seemed plainly bored by the bilateral issues the two had discussed, eager to change the subject to Mexicans or terrorism or Mike Flynn, his embattled national security adviser — who has his wristband, was welcomed inside the perimeter long ago, and whom Trump was therefore in a mood to defend.

Trudeau's gamble is that by getting in close to Trump — closer than many Canadians on the centre and left want him to get — he'll have voice and standing inside that weird bunker, for as long as Trump influences our two countries' shared life.

Paul Wells is a national affairs columnist for the *Toronto Star*.



All eyes were on Trudeau at a sit-down for women leaders in business hosted at the White House. AP PHOTO/EVAN VUCCI

Feminist photo-op fail



When the world leader with the most enviable hair met the one with the least enviable comb-over, no bromance was to be expected.

Justin Trudeau campaigned (though hasn't exactly governed) on policies so progressive he was often photo-shopped alongside a unicorn. Trump campaigned on rhetoric so divisive he became synonymous with Pepe the alt-right frog.

When the pair met Monday, Trudeau, in cliché Canadian form, was perfectly polite, avoiding criticism of the chaos-inducing travel ban and focusing on "middle class families."

It would have been a perfectly respectable, if slightly icky, meeting for Trudeau.

But on women, he blew it. Working with the U.S. on economic issues makes sense. Offering the leading misogynist of the free world a cozy photo-op to make he and his administration appear pro-women? It's ill-informed, shows poor judgement and is exceedingly creepy.

By offering an olive branch in the form of a bilateral task force on women in business, Trudeau is lending what feminist cred he has left to a man whose pussy-grabbing spawned an international hat trend and sparked the Women's March, arguably one of the largest protests in U.S. history.

And Trudeau's efforts are also wholly useless.

The idea that a Republican-controlled Congress will make meaningful efforts to improve child care or fund maternity leave is laughable, to say nothing of addressing the systemic

sexism.

This is the party of the North Dakota lawmaker who suggested Sunday mornings are when wives serve husbands breakfast in bed. The same party pushing in Oklahoma to make a man's consent mandatory for all abortions.

For decades, Republicans have fought women-friendly workplace reforms, hiding sexist ideologies under a pro-business guise.

Even Trump's proposed tax-break plan for child care has been debunked as a move that would enrich comfortable families and do little to help poor ones.

"We just had a very productive meeting with women business leaders ... where we discussed how to secure everything that we know — the full power of women, can do better than anybody else," Trump said — unintelligibly — in a press conference Monday.

But the message was clear: "I care about women!" he was saying, as Trudeau smiled on like a nutritionist who jumped into bed with the soft drink lobby.

And just as doomed.

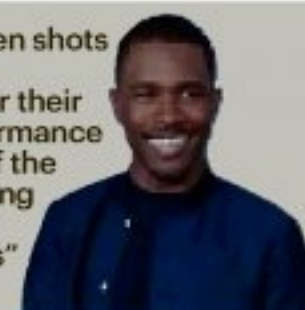
Rosemary Westwood relocated from Canada to the U.S. She chronicles her observations in a weekly column for *Metro*.

PHILOSOPHER CAT by Jason Logan

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Venue booked, dress ordered — proposal ETA?

NEW AGE NUPTIALS

Millennials part with traditions in the move towards event weddings

Megan Haynes
For Metro Canada



Katherine North, 30, can't wait for her wedding day. Her dress has been ordered. Her bridesmaids planned a bachelorette. The save-the-dates went out. She and her partner booked a venue in October, 2016. All that was missing was the proposal.

After attending a season full of weddings at hotels and golf courses, their decision to marry at an Ottawa restaurant came down to a desire to do something a bit different, she said. But more importantly, they wanted to be pragmatic: with average wedding costing couples \$31,000, she and her fiancé knew they didn't want to spend a lot of money on their nuptials.

The restaurant — Salt — was within their price range for the meal, and meant they saved money on decor, the ceremony fee and even music. It had an opening for the upcoming June long weekend, but the space was booking up fast.

"We said, why not — we didn't want to miss an opportunity," she says.

The fact that he hadn't yet proposed wasn't of concern — they both knew he would. Just before her birthday in January, he dropped to one knee and asked her to marry him. Of course, she said yes.

She's part of a growing trend of millennials writing their own rule books when it comes to weddings. While 66 per cent of couples are opting for more traditional affairs, one in three prefer less formal and more unique ceremonies, one 2015 survey from bridal magazine Wedding Bells found.

Gone is the cookie-cutter recipe for a wedding: From destination weddings that eschew the tropics (a ceremony in Iceland, anyone?) to the bride dropping to one knee (it's 2017!) to cakeless meals, young adults want a ceremony that is uniquely them.

Many are looking to create exceptional experiences for their guests, says Markham, Ont.-based Tracey Manaiescu, co-founder of The Wedding Planner's Institute of Canada and a wedding planner.

For many of her clients, the entire wedding is meant to be an event guests will always remember — something that stands out from the crowd of other cere-

monies they might have had to attend in the past. For some, that means opting out of certain expensive traditions to put money elsewhere.

She points to a couple of her clients choosing inexpensive dress from stores like Le Chateaux or Forever 21, and instead putting that money into a more robust bar or live entertainment (acrobats are a hot act in the wedding space right now, she says). "They're finding other ways to save money to create that experience," she says.

While not cheaper than weddings in tropical locations, she's also helped plan ceremonies for people in more unique locales, like Iceland or Italy. The parties tend to be smaller to help contain costs, but in the end, it's a different type of experience for the guest, she says.

Halifax-based Katelyn Hipson, CEO and creative director of elegant productions planning and design, concurs. Her guests are skipping certain traditions entirely, like the wedding cake or the extended family shindigs. "My clients are less inclined to spend money in areas that don't matter to them just for the sake of tradition."

For North, who is trying to keep her budget under \$10,000, she and her fiancé figure they can spend their money on things, like a new car or an exotic trip.

"I'll probably pick up some flowers from Loblaws or something — we'll keep things simple," she says. "It's my wedding. I don't want to have to stress about it."



I'll probably pick up some flowers from Loblaws or something.

Katherine North, bride to be



Katherine North and her fiancé Waheed Obaidi took a pragmatic approach to their wedding plans. Hoping to spend less than \$10,000 and save money for an exotic trip or a new car instead, they had everything booked before Obaidi even proposed. CONTRIBUTED

SEXUAL HEALTH

Study explores HIV trends in major Canadian cities



May Warren
Metro | Toronto

A new study of more than 2,400 men across Vancouver, Montreal and Toronto hopes to shed some light on why HIV rates are so high among gay and bisexual men in those cities compared to the rest of Canada.

Over the next four years researchers will do HIV and sexually transmitted infection testing, as well as distribute qualitative questionnaires in what they're

calling "Engage."

They want to get at attitudes towards the disease and access to healthcare in the face of massive changes in the treatment and prevention of HIV over the past three decades, said Trevor Hart, one of the lead researchers and a clinical psychologist.

"This is going to be one of the largest studies of its kind, examining how a lot of the changes that have taken place around HIV are affecting both sexual behaviour and mental and physical health and wellbeing," he said.

To find those who've been

underrepresented in other studies, like trans men and people of colour, researchers will get men to recruit others in their social networks, from Grindr — a dating app — to volleyball leagues.

Most of the members of the research team are gay and bisexual men themselves, Hart noted, and the goal is to both inform future health policy and include the community in future discussions, instead of treating them like "guinea pigs."

While some may move to big cities like Toronto and Vancouver to get better HIV care, Hart

said it is "concerning" that rates are still so high among gay and bisexual men in urban centres.

Cameron Dunkin, manager of research at the Canadian Foundation For AIDS Research (CANFAR), one of the funders of the study, said there is sometimes a "sense of lackadaisicalness" about the virus.

"You do have some apathy sometimes where people just aren't as afraid of HIV because there's medication and the assumption that they'll be fine and it doesn't really matter if they contract it," he said.

23%

Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Toronto.

SOURCE: PUBLIC HEALTH AGENCY OF CANADA, 2011

Time for self-love on V-Day

ADVICE

Five simple tips for indulging yourself on this — or any — day

Ali Vanderkruyk
For Metro Canada

Whether you're in a relationship or not, take a break and practise self-care this Valentine's Day.

Girl Crush, an intersectional feminist speaker series, hosts an event Wednesday at Tranzac Club called The Ethics of Self-Care, which aims to counteract the material pressures of the international day for loved-up couples.

In the words of the co-organizers, Kate Barss and Temma Pinkofsky: "Self-care is recognizing the critical importance of giving permission within our daily lives to look after ourselves."

"As female-identifying individuals, the burden of care often falls on us to look after the physical and emotional needs of others. The idea of self-care asks us to work towards and make

SELF-CARE OR SELF-DESTRUCTION? HERE'S ANI CASTILLO'S TAKE

Well, the state of the world is anxiety provoking as of late. When that happens, the responsible thing to do is what I call "little acts of self-pampering."



The problem comes when I BEGIN TO LOSE CONTROL.



It could be relaxing in a nice bubble bath. Or eating a small piece of dark chocolate...



When I don't realize I'm guarding it.



Buying a lot something nice...



When I'm avoiding reality through mindless consumption.



Indulging myself on some kind of guilty pleasure...



At that point, I know the responsible thing to do is go and find healthier coping strategies. Because I REFUSE to let self-care turn into self-destruction!



© Ani Castillo

space for recognizing our own needs," they continue.

Here are five suggestions on how to practise self-care this

Valentine's Day, and for that matter, every other day:

1. Expect a little less

Dial down your expectations for yourself for one day. Give yourself space to feel grief, anger, frustration, and helplessness.

Then, take time to realize that this is not all of your reality. Remind yourself what brings you joy; tell a friend you love them.

Go for a long walk and rediscover your neighborhood.

2. Make you the focus

Cancel a plan you do not want to go to and plan an activity for yourself: take a bath, put on clothes (or take off clothes) that make you feel sexy and take a photo (just for you), masturbate, go to a movie, read a book, dance.

3. The big switch off

Take a conscious break from social media. Close your laptop; turn off your phone. Being informed does not mean you have to be plugged into a feed 24/7.

4. Rest...rest well

Simple pleasures are the best — Go to sleep early.

5. Calming connections

Allow others the space to self-care. Connect with people who share your concern about what is happening in our country and our world. Talk to people who may be going through a difficult time, especially members of vulnerable or marginalized communities. Let them know you support them. Smile at strangers.

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For more information on **Hobo** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Spring in Jays' step

A large portion of the headlines the Blue Jays made over the off-season centred around the inability to re-sign slugger Edwin Encarnacion. Toronto was able to retain Jose Bautista, however, and the reunion could pay big dividends for player and team alike. Here are five other storylines to watch as pitchers and catchers report to the Jays' spring training facility in Dunedin, Fla., Tuesday.

1 They're reset

Toronto's top asset is its starting pitching. Boston's off-season addition of ace left-hander Chris Sale may have made the Red Sox early favourites to repeat as AL East champions, but it's the Blue Jays who boast arguably the league's best rotation. The staff is led by reigning AL ERA champion Aaron Sanchez and 20-game winner J.A. Happ, with Marcus Stroman, Marco Estrada and Francisco Liriano rounding out a strong starting five.

2 They're not

Middle relief and left-handed options could be sore spots for fifth-year Blue Jays manager John Gibbons. Toronto lost two veteran relievers over the winter, with left-hander Brett Cecil leaving for St. Louis and right-hander Joaquin Benoit moving to Philadelphia. Shortly before spring training, the Blue Jays beefed up their bullpen by signing left-hander J.P. Howell and right-hander Joe Smith to handle the innings ahead of veteran setup man Jason Grilli and dependable closer Roberto Osuna.



GETTY IMAGES



NATHAN DENETTE/THE CANADIAN PRESS

3 New look

Wary of missing out on their preferred alternatives after Encarnacion turned them down, the Blue Jays acted swiftly to sign DH Kendrys Morales to a three-year, \$33-million contract, then gave 1B/OF Steve Pearce a two-year, \$12.5-million deal. Toronto targeted the switch-hitting Morales to help balance a lineup that was right-handed heavy in 2016.



GETTY IMAGES

4 Prized prospect

Toronto's most intriguing off-season move was the signing of Cuban prospect Lourdes Gurriel Jr. to a seven-year, \$22-million contract. The younger brother of Astros infielder Yulieski Gurriel and the son of a Cuban baseball great, the 23-year-old will likely start the season at Double-A, where is expected to get regular time at shortstop as he adjusts to a higher calibre of pitching.



GETTY IMAGES

5 On deck

With few position battles in play, the Blue Jays will spend spring training sorting out bullpen roles and settling on a backup to catcher Russell Martin, with minor-league signing Jarrod Saltalamacchia the most likely candidate. Gibbons and his staff will also have to decide who to bat in the leadoff spot. After walking 87 times in 517 plate appearances during the regular season last year, Bautista moved up from third to hit leadoff in Toronto's final three playoff games. If Bautista doesn't get the job, it could go to second baseman Devon Travis.

THE ASSOCIATED PRESS



LISETTE POOLE/BLOOMBERG VIA GETTY IMAGES

MLB

B.C. pitcher Loewen lands with Rangers

Left-handed pitcher Adam Loewen has agreed to a minor-league contract with the Texas Rangers that includes an invitation to major-league spring training.

The deal was announced Monday, a day before Rangers pitchers and catchers report to spring training in Arizona.

Loewen, who is from Surrey, B.C., spent last season in the Arizona organization, going 5-3 with a 3.91 ERA in 40 appearances for Triple-A Reno. He was



Adam Loewen
HANDOUT

Toronto in 2011.

Loewen is set to pitch for Team Canada in the World Baseball Classic. THE ASSOCIATED PRESS

1-0 in eight appearances for the Diamondbacks.

He also spent time as an outfielder from 2009-14, including 14 games in the majors with

IN BRIEF

Paralympic body not ready to lift ban on Russia

The International Paralympic Committee says Russia's ban from disabled sports should continue because it is sidestepping allegations of a major doping coverup.

Russian officials have not "specifically addressed" World Anti-Doping Agency investigator Richard McLaren's findings, either by admitting them or "properly rebutting" them, an IPC taskforce says in a report. THE ASSOCIATED PRESS

Cavaliers free up roster spot by trading Birdman

The Cavaliers traded injured centre Chris Andersen and cash to the Charlotte Hornets for a protected top-55 second-round draft pick.

Monday's move opens a roster spot for Cleveland and gives the defending NBA champions another asset to use for future deals.

In a subsequent move, the Hornets immediately announced they waived Andersen. THE ASSOCIATED PRESS

CRIME

Sandusky's son in child sex scandal

One of Jerry Sandusky's sons was charged Monday with sex crimes involving two girls, more than five years after the former Penn State assistant coach was himself first arrested on child molestation charges.

Jeffrey S. Sandusky, 41, was charged by Pennsylvania state police and arraigned by a district judge in Bellefonte on 14 counts. He was jailed on \$200,000 bail.

Sandusky was a stalwart supporter of his father and accom-

panied his mother, Dottie, to many of his court proceedings. On Monday, Dottie accompanied Jeffrey Sandusky to his.

Police accused him of soliciting naked photos from a then-16-year-old girl last year and seeking oral sex in 2013 from her then-15-year-old sister.

"We will prosecute this case as aggressively as we do all child abuse cases," said Centre County District Attorney Stacy Parks Miller. THE ASSOCIATED PRESS

Making Mexico berate again

WRESTLING

U.S. fighter uses Trump to whip lucha libre fans into a frenzy

He's the guy Mexicans love to hate: An American pro wrestler has become a sensation in Mexico City by adopting the ring persona of a flamboyant Donald Trump supporter.

Sam Polinsky, aka Sam Adonis, revels in being a target for "lucha libre" fans who use him as a stand-in for the new U.S. president, whose pledges to step up deportations, build a wall along the U.S.-Mexico border and lure jobs back to the U.S. have earned the anger of Mexicans like no president before.

The crowd at the capital's Arena Mexico erupts in screams, boos, jeers and sarcastic whistling when Adonis appears wearing a Trump-esque orange tan, his blond locks

streaming from a head band and waving an American flag emblazoned with a photo of Trump. "Out! Out!" the crowd roars. The native of Pittsburgh came to Mexico last year and the Trump campaign gave him the unparalleled chance to play the ultimate ring villain.

"Right now, I would be considered by the Mexican public as the most malicious bad guy they have," Polinsky said with a smile before a match Sunday that — spoiler alert — he predictably lost. Polinsky is happy to endure the boos in pro wrestling's high-camp show of good vs. evil — and Mexico's "lucha libre" has the added long tradition of foreign villains.

"I'm



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very proud of the fact that I am able to evoke a genuine hatred, a genuine hate which is generally lost in professional wrestling due to the fact that most people realize that it is what it is — it's more along the lines of a show," Polinsky said. There is little doubt he gets a rise out of the crowd.

Wrestling fan Gerardo Romero was among those booing Sam Adonis. "There is a lot of ill will for Trump's character, and because of that every time they hit him, we enjoy it," Romero said.

But it's all about the show, as Trump himself knew during his involvement with U.S. pro wrestling in the 1990s and 2000s.

"It's no different than Spider-Man or Batman. You need a very, very bad villain in order to invoke the sympathy for the hero," Polinsky said. "As I see it, the more malicious, the more evil I can be for the Mexican public, the happier the Mexican public are when they see their Mexican heroes destroy the enemy."

Which is just what happens, of course. Wrestlers working under the names of Blue Panther, Triton and Drone took apart Sam Adonis and his trio of allies with a battering



American Sam Adonis is using a ready-made supplement to help ratchet up vitriol towards his lucha libre character in Mexico: Donald Trump. EDUARDO VERDUGO/THE ASSOCIATED PRESS

combination of flying kicks and "back breakers." Fan Rafael Martinez, who wore a white-and-gold mask to the match, explained the crowd's reaction.

"What a lot of people think is that if they're expelling Mexicans from the United States, then why do we want them (Americans) here."

But even though Sam Adonis has had vile epithets, popcorn and beer thrown at him in the ring, it's all show in the end.

"The truth is, we Mexicans are very open to foreigners," Martinez said. "We are a warm

people."

Polinsky attests to that.

"I can honestly say I'm pretty surprised how the Mexican public comes to me after each event," he said. "Those same people that can't scream enough, can't get their emotions out enough, are the first ones to come up to me and ask for a picture with their kid, or the first ones to shake my hand and say, 'Hey, great show.'"

In the end, he adds, he is helping the fans.

"I can whip up a frenzy in the arena that no other wrestler can, getting people to forget

about their jobs, forget about their problems at home for that 25 to 30 minutes in the ring. All that they care about is getting their frustrations out on Sam Adonis in the ring, and for that I'm proud," Polinsky said. "What they want to say to Donald Trump they can say to me and feel good about it."

As for the president, Polinsky said he doesn't agree with all of Trump's pronouncements, particularly his criticisms of Mexico, but he still admires aspects of the leader's approach.

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SOCCER

'Alarming' lack of drug tests in La Liga

Political stalemate in Spain and failure to reach a deal with football's governing bodies have damaged efforts to maintain doping tests in the Spanish league.

Only 57 doping tests have been carried out in Spain's first division this season, according to the country's anti-doping agency, while more than 400 players have seen action in over 200 matches so far. In 2015, Spain's anti-doping agency carried out 889 doping tests in the top two divisions of Spanish football and the Copa del Rey tournament, an average of 74 a month.

Questions from The Associated Press regarding when those 57 tests were carried out and if testing in football is still continuing were not immediately answered by the agency.

Equally worrying for WADA, the world's anti-doping agency, those 57 tests in the first six months of the season were done while Spain remains non-compliant with WADA's stricter standards. WADA called the lack of tests in a football league that boasts such star talents as Lionel Messi, Cristiano Ronaldo and

Neymar "alarming."

"The lack of testing in a country with one of the leading football leagues worldwide for a period of almost 12 months is alarming, and will do little to instil confidence in clean sport at a time when it is needed most," WADA said in a statement.

Spain's anti-doping agency said that the Spanish government is close to ending an almost year-long wait to bring its doping legislation up to WADA standards. The government had been unable to act following a political deadlock in parliament caused by two inconclusive elections that finally gave way to a new government in October.

Spain's anti-doping agency said that, unlike in football, it succeeded in reaching agreements with the international governing bodies of other sports to assist in maintaining doping testing during the past year. Its efforts, however, to strike such a bargain with both FIFA and UEFA failed. "Both federations declined to sign the agreement," the Spanish agency said in a statement.

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IN BRIEF

Manchester City second after beating Bournemouth

Manchester City overcame Gabriel Jesus' early departure because of injury to beat Bournemouth 2-0 and climb to second place in the English Premier League, eight points behind Chelsea on Monday.

Raheem Sterling's 29th-minute strike and an own-goal in the 69th from Tyrone Mings, who deflected in an effort from substitute Sergio Aguero, earned City a third straight league win.

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Jazz's new jersey will help to fund cancer research

The Utah Jazz will add a corporate sponsorship patch to their jerseys next season and use it to raise money for cancer research.

The team has partnered with Qualtrics to put a patch on the upper left-hand corner of the uniform that reads "5 FOR THE FIGHT." The 5 For The Fight charity encourages people to donate \$5 to cancer research through its website 5ForTheFight.org with the goal of raising \$50 million.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Classic Falafel Burgers



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

You'll feel like you eating an authentic falafel — warm and dripping tahini — if you make these easy sliders.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Makes 6 to 8 burgers

Ingredients

- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 Tbsp flour
- 2 tsp ground cumin
- 1 1/2 tsp salt
- 1 tsp ground coriander

- 1/2 tsp chili powder
- 2 Tbsp grape seed oil for cooking

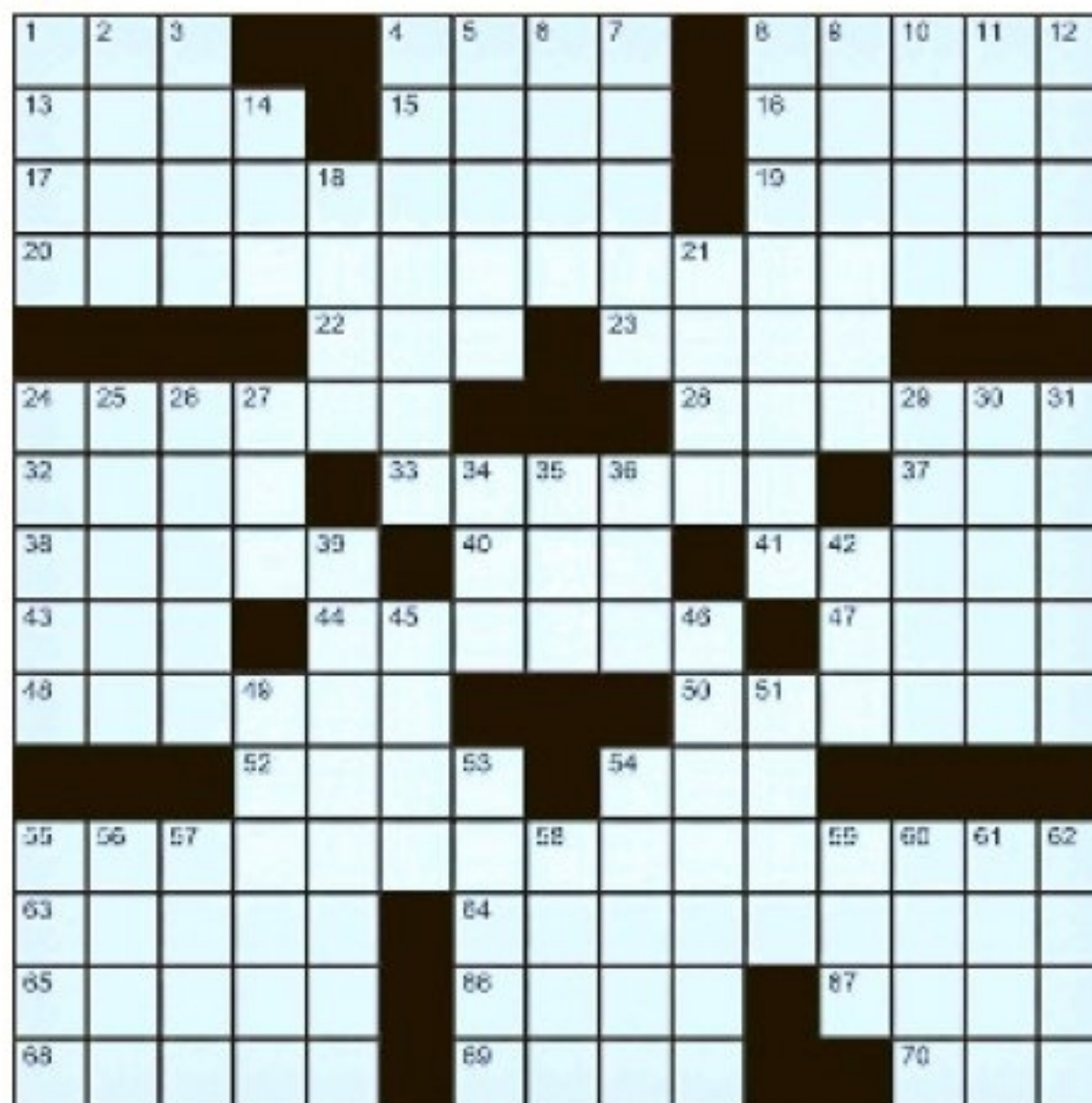
Directions

1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a coarse meal forms.
3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Bling in a ring
4. Petri dish gel
8. Cache
13. Ms. Thurman's
15. Golfer's warning!
16. Hogwash
17. "If You Could Read My Mind" by Gordon
19. Detection device
20. Love song of 1993 by Bryan Adams: 3 wds.
22. Mac rivals
23. Oxen harness
24. Getting one's beauty sleep: 2 wds.
28. Soil toiler
32. Pinot (Wine variety)
33. Really right: 2 wds.
37. Electric guitar, in slang
38. Canadian actress, Lee Williams
40. Be behind in bills
41. Community (Exclusive residences locale)
43. "My Party" by Lesley Gore
44. Neil Young band-mate Stephen
47. Whirring sound
48. Wine and party
50. Great deal
52. Speed along on the job
54. Shoe width size
55. Opening words of "Beauty and the Beast" by Celine Dion and Peabo Bryson
63. The on the cake

64. Valentine's Day symbol that's different from the usual red: 2 wds.
65. Adventurer's watercraft
66. Old Testament son
67. 'ence' word-ending alternative
68. Goulashes

69. Grate
70. House temp. coolers st

DOWN

1. Mouthful of a milkshake
2. Oscar-winner Mr. Jannings

3. Illusionist, archaically
4. Impacts
5. Blunders
6. 'Buck' suffix
7. Attempt again
8. Eye-catching
9. Go on a journey
10. Parliament Hill worker

11. Canned meat brand
12. "From to Eternity" (1953)
14. Retro rock's Na Na
18. Chef's li'l measurements
21. Attend the event: 2 wds.

24. Shenanigan
25. Chocolate, cake, candies, yum!
- Sweet
26. Hair salon service
27. 'Brew' suffix
29. Lovely language
30. Overwork
31. Use the towel again
34. Luau dish
35. Hedwig, for one, of books
36. number
39. Mitigates/alleviates
42. Mr. Vigoda
45. Dick Tracy's beloved
46. Assert yourself vocally: 2 wds.
49. Prior to this time, in verse
51. Grateful Dead bassist Phil
53. One optimistic about the results
54. Mrs. Garrett's gourmet shop on "The Facts of Life", Edibles
55. Partners for Tacs (Mint candies)
56. Curious as
57. Queue
58. Ms. Kudrow
59. Golf peg
60. Collector's suffix
61. "Happy Days" mom: wd. + letter
62. Quebec 'summers'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is a mixed bag. It's easy to talk to friends and groups. However, later in the day, you might be at odds with a partner, spouse or close friend.

Taurus April 21 - May 21
Conversations with bosses and authority figures today will go well. Nevertheless, someone or something behind the scenes will annoy you.

Gemini May 22 - June 21
Something unusual, perhaps from another country, will stimulate you in a creative way today. It might even affect your involvement in sports. Avoid arguments with someone later in the day.

Cancer June 22 - July 23
If you need support from others at home or for a family situation, you might get it today. However, you will have more difficulty talking to a parent, boss or authority figure.

Leo July 24 - Aug. 23
This is a chatty day for you. Conversations with partners and close friends will be positive and stimulating. By contrast, avoid political and religious discussions today.

Virgo Aug. 24 - Sept. 23
Related discussions about money, cash flow and finances will go well today. However, discussions about shared property or differing values might create an argument.

Libra Sept. 24 - Oct. 23
With the Moon in your sign today, you are luckier than all the other signs. Plus, this is a playful, fun-loving day! Nevertheless, be patient with partners and close friends

Scorpio Oct. 24 - Nov. 22
You will prefer to work behind the scenes today because it feels better. This could help you complete repairs at home or have an important family discussion.

Sagittarius Nov. 23 - Dec. 21
Expect to have a happy conversation with a female acquaintance. You might want to discuss future goals. (Parents must be patient with kids today.)

Capricorn Dec. 22 - Jan. 20
You are high-viz today, because the Moon is at the top of your chart. However, this can mean that people know personal information about you. Just be aware of this.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want to travel or get out of town. Basically, you want to break free from your routine. You also need to talk to someone.

Pisces Feb. 20 - March 20
Discussions about shared property or differing values might take place today. The problem with differing values is that people do not easily change their values. Good luck!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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9	3	2	6	8	7	1	5	4
1	8	6	9	4	5	7	2	3
3	6	1	5	2	8	4	9	7
8	9	5	7	1	4	3	6	2
2	4	7	3	9	6	8	1	5
6	7	9	4	5	1	2	3	8
5	2	3	8	7	9	6	4	1
4	1	8	2	6	3	5	7	9



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